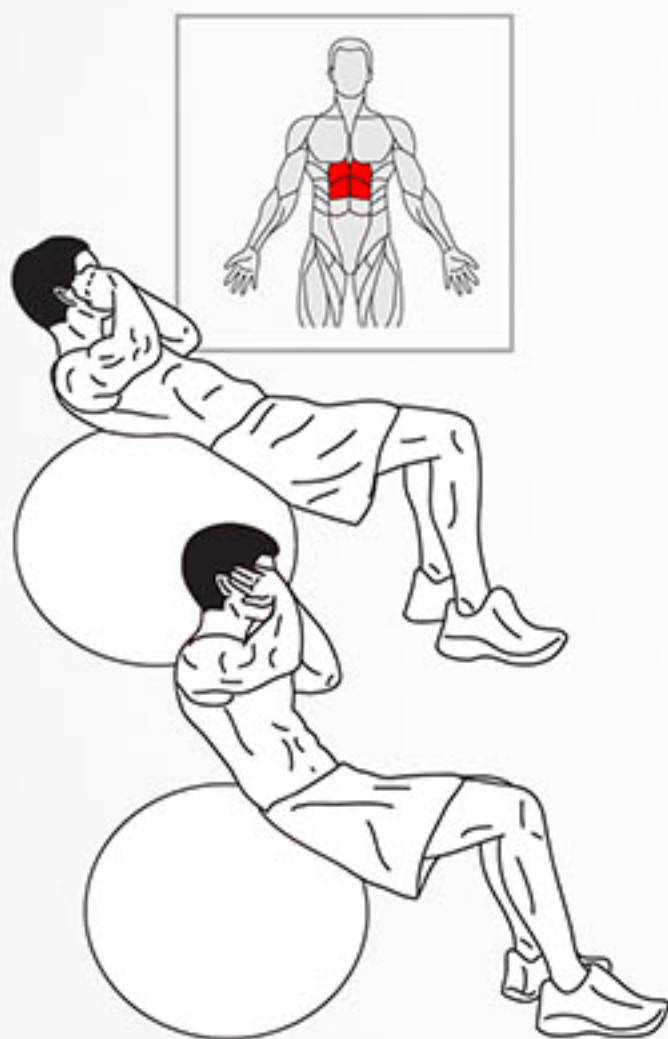


# Dragon Ball

**abs**

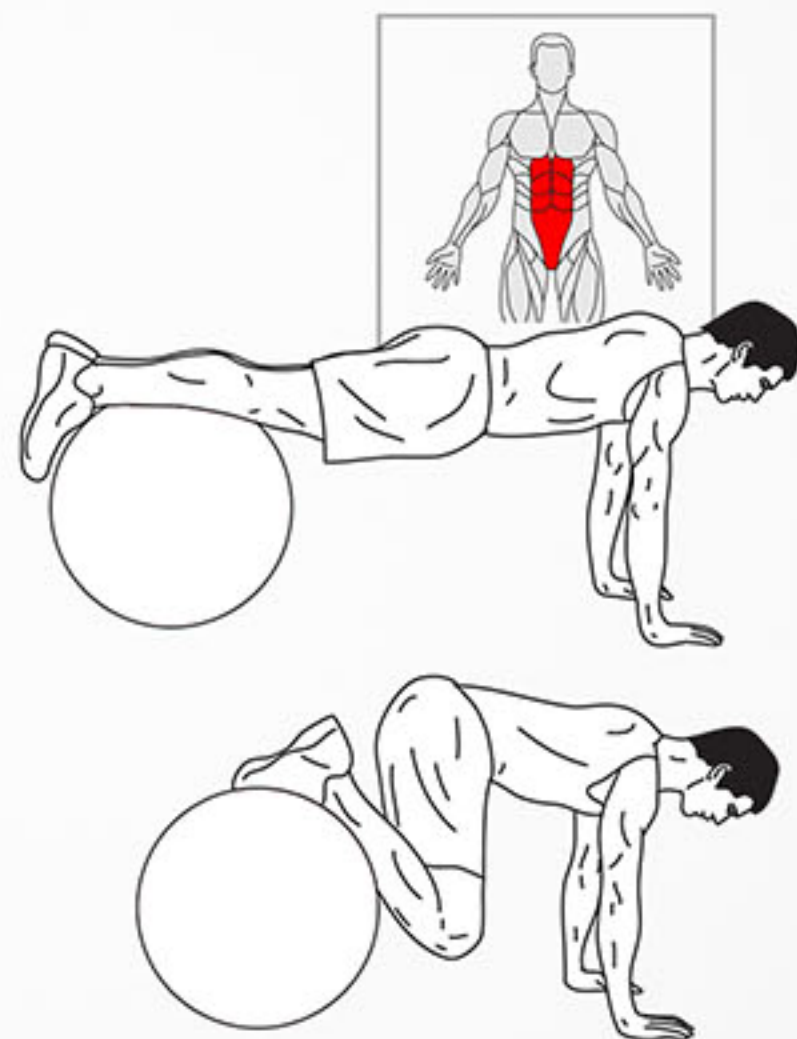
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**30 crunches**

*go slow  
breathe out  
as you come up*



**10 reverse crunches**

*go slow  
focus on form  
and keep your balance*